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Vegetarian Sports Nutrition

D. Enette Larson-Meyer

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Gain the vegetarian advantage! Vegetarian meal plans have been used successfully in everything from bodybuilding to endurance sports. Every day more and more athletes—even those who are not full-time vegetarians—incorporate a plant-based diet when training or recovering from competition.

Relying on the recent evidence-based research, *Vegetarian Sports Nutrition* details performance and health benefits, including enhanced muscle recovery and optimal bone health. With tailored meal plans and training strategies, you will learn to make smart nutritional decisions and to properly fuel your body throughout your training regimen.

This comprehensive resource simplifies the process of determining your energy, protein, vitamin, and mineral needs and monitoring carbohydrate and fat intake. You'll learn how to optimize a vegetarian diet for peak performance across all sports.

Whether you are a dedicated vegetarian looking to add variety to your diet or an athlete searching for a competitive edge, *Vegetarian Sports Nutrition* will help you improve your health and performance!

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